INDEX
to volume 23 jan-dec 1995

The 1995 Annual Index lists articles by regular department, author, and subject. One- or two-letter codes after articles in the author and subject sections indicate the article type:

CL: Clinical
CM: Commentary
CR: Case Report
EM: Emergencies in Sports
EQ: ECG Quiz
EX: Exercise Adviser
IN: In My Experience
IQ: Imaging Quiz
L: Listing
NB: News Brief
NU: Nutrition Adviser
PA: Patient Adviser
QA: Question and Answer
R: Research
RA: Rehab Adviser

department

Emergencies in Sports
Laryngeal trauma: securing the airway on the field, Jan, p 71
Immediate reduction of shoulder dislocation, Mar, p 61
Oral trauma: on-field assessment, May, p 55
Advanced cardiac life support, Aug, p 29
Pneumothorax: on-field recognition, Oct, p 43

Exercise Adviser
Smart dressing for cold weather workouts, Jan, p 105
Don't let altitude sickness bring you down, Feb, p 87
Warm up with back-friendly leg stretches, Mar, p 81
The 'super six' stretches for golfers, Apr, p 87
Safer alternatives to outdated exercises, Jun, p 87; (letter) Aug, p 7
Exercise and angina: relieving the pain, Jul, p 79
Using your head to choose a bike helmet, Aug, p 75
How to warm up and cool down your workout, Sep, p 97
Weighted workouts: adding heft with hand, ankle, and vest weights, Oct, p 81
Exercising for overall fitness: how much, and what kind?, Nov, p 109
The role of exercise in fighting depression, Dec, p 79

News Briefs
A resolution for bike riders, Jan, p 37
Exercise and breast cancer risk, Jan, p 37
Exercise benefits build with intensity, Feb, p 21
Slimming down reduces arthritis risk, Feb, p 22
Safer soccer goals, Apr, p 83
Rule changes in women's tennis target medical issues, Jun, p 25
A (nasal) strip of status, Aug, p 14; (letter) Nov, p 36
Drugs and high school athletes, Oct, p 25
Healing under pressure, Nov, p 46

Nutrition Adviser
Counting your calcium: how much is enough?, Jan, p 21
Nutrition on the run, Feb, p 15
Fat phobia: regain a healthy perspective, Mar, p 15
Healthy muscle gains, Apr, p 21
Water: the ultimate nutrient, May, p 21; (correction) Jul, p 73
A hill of beans: the latest on legumes, Jun, p 13
Nutrition quackery: when claims are too good to be true, Jul, p 7
The lowdown on carbo loading, Aug, p 19
Energy bars: are these fast fuelers for you?, Sep, p 7
The true nature of herbs, Oct, p 13
Battling the bulge: diet and exercise are key, Nov, p 21
Should you opt for organic?, Dec, p 15

Patient Adviser
Staying active with diabetes: quick-and-helpful exercise tips, Mar, p 55
Steps to healthy feet for active people with diabetes, Jun, p 71

Rehab Adviser
Carpal tunnel syndrome: relief for a common wrist problem, Jan, p 27
Relieving anterior knee pain, May, p 87
Recovering from shoulder pain: tips for tennis and volleyball players, Sep, p 89

author

Araujo D: see Rubin A, Aug, p 29
Aronen JG: Anterior shoulder dislocations: easing reduction by using linear traction techniques, Oct, p 65, CL

Bach BR Jr: see Hang DW, Feb, p 57
Bach BR Jr: see Holmes CA, Nov, p 69
Barrett J: Reflex sympathetic dystrophy: recognizing a cause of chronic pain, Apr, p 51, CL
Batt ME: see Tanji JL, Feb, p 47
Batt ME: Management options for plantar fasciitis, Jun, p 76, CL
Baumgarten TE: see McCue FC III, Dec, p 33
Bergeron BP: A guide to blister management, Feb, p 37, CL
Best TM: see Hasselman CT, Jul, p 53
Biddinger K: see Myerson MS, Dec, p 47
Bojchuk J: see Hang DW, Feb, p 57
Bovard R: Don't let altitude sickness bring you down, Feb, p 87, EX
Bovard R: Roughing it on location: medical stories from the set, Mar, p 57, IN
Bradley JP: see Torchia ME, Jan, p 40
Bredle DL: see Jain R, Oct, p 51
Brodell RT: see Jain R, Oct, p 51

Cantu RC: Second impact syndrome: a risk in any contact sport, Jun, p 27, CR; (letter) Dec, p 24
Cantwell JD: ECG quiz: chest pain and arrhythmia with exercise, Oct, p 71, EQ
Cantwell JD: ECG quiz: dyspnea, lightheadedness, and palpitations in a young weight lifter, May, p 65, EQ; (letter) Jul, p 21; (letter) Oct, p 84
Cantwell JD: ECG quiz: hypotension in a 10K runner, Dec, p 43, EQ
Cantwell JD: ECG quiz: ready for rigorous activity?, Mar, p 79, EQ
Cantwell JD: ECG quiz: should this patient keep jogging?, Nov, p 113, EQ
Cantwell JD: ECG quiz: treadmill testing in a patient with chest pain, Sep, p 67, EQ
Carrasquillo HA: see Sanmarco GJ, Feb, p 67
Case WS: Carpal tunnel syndrome: relief for a common wrist problem, Jan, p 27, RA
Case WS: Relieving anterior knee pain, May, p 87, RA
Chappuis JL: The 'super six' stretches for golfers, Apr, p 87, EX
Chaytor ER: see Conti SF, Jun, p 53
Chaytor ER: see Conti SF, Jun, p 71
Chronister RD: see Aronen JG, Oct, p 65
Clark N: Battling the bulge: diet and exercise are key, Nov, p 21, NU
Clark N: Counting your calcium: how much is enough?, Jan, p 21, NU
Clark N: Energy bars: are these fast fuelers for you?, Sep, p 7, NU
Clark N: Fat phobia: regain a healthy perspective, Mar, p 15, NU
Clark N: Nutrition quackery: when claims are too good to be true, Jul, p 7, NU
Clark N: Water: the ultimate nutrient, May, p 21, NU; (correction) Jul, p 73
Clark RR: see Oppliger RA, Mar, p 69
Conti SF: Foot care for active patients who have diabetes, Jun, p 53, CL
Conti SF: Steps to healthy feet for active people with diabetes, Jun, p 71, PA
Cordes R: see Sing R, Dec, p 66

Erickson SM: Pulmonary and chest wall emergencies: on-site treatment of potentially fatal conditions, Nov, p 95, CL
Erickson T: see Kruse RJ, Jan, p 65

Fischer RA: see Kaeding CC, Jan, p 59

INDEX
to volume 23 jan-dec 1995

The 1995 Annual Index lists articles by regular department, author, and subject. One- or two-letter codes after articles in the author and subject sections indicate the article type:

CL: Clinical
CM: Commentary
CR: Case Report
EM: Emergencies in Sports
EQ: ECG Quiz
EX: Exercise Adviser
IN: In My Experience
IQ: Imaging Quiz
L: Listing
NB: News Brief
NU: Nutrition Adviser
PA: Patient Adviser
QA: Question and Answer
R: Research
RA: Rehab Adviser

department

Emergencies in Sports
Laryngeal trauma: securing the airway on the field, Jan, p 71
Immediate reduction of shoulder dislocation, Mar, p 61
Oral trauma: on-field assessment, May, p 55
Advanced cardiac life support, Aug, p 29
Pneumothorax: on-field recognition, Oct, p 43

Exercise Adviser
Smart dressing for cold weather workouts, Jan, p 105
Don't let altitude sickness bring you down, Feb, p 87
Warm up with back-friendly leg stretches, Mar, p 81
The 'super six' stretches for golfers, Apr, p 87
Safer alternatives to outdated exercises, Jun, p 87; (letter) Aug, p 7
Exercise and angina: relieving the pain, Jul, p 79
Using your head to choose a bike helmet, Aug, p 75
How to warm up and cool down your workout, Sep, p 97
Weighted workouts: adding heft with hand, ankle, and vest weights, Oct, p 81
Exercising for overall fitness: how much, and what kind?, Nov, p 109
The role of exercise in fighting depression, Dec, p 79

News Briefs
A resolution for bike riders, Jan, p 37
Exercise and breast cancer risk, Jan, p 37
Exercise benefits build with intensity, Feb, p 21
Slimming down reduces arthritis risk, Feb, p 22
Safer soccer goals, Apr, p 83
Rule changes in women's tennis target medical issues, Jun, p 25
A (nasal) strip of status, Aug, p 14; (letter) Nov, p 36
Drugs and high school athletes, Oct, p 25
Healing under pressure, Nov, p 46

Nutrition Adviser
Counting your calcium: how much is enough?, Jan, p 21
Nutrition on the run, Feb, p 15
Fat phobia: regain a healthy perspective, Mar, p 15
Healthy muscle gains, Apr, p 21
Water: the ultimate nutrient, May, p 21; (correction) Jul, p 73
A hill of beans: the latest on legumes, Jun, p 13
Nutrition quackery: when claims are too good to be true, Jul, p 7
The lowdown on carbo loading, Aug, p 19
Energy bars: are these fast fuelers for you?, Sep, p 7
The true nature of herbs, Oct, p 13
Battling the bulge: diet and exercise are key, Nov, p 21
Should you opt for organic?, Dec, p 15

Patient Adviser
Staying active with diabetes: quick-and-helpful exercise tips, Mar, p 55
Steps to healthy feet for active people with diabetes, Jun, p 71

Rehab Adviser
Carpal tunnel syndrome: relief for a common wrist problem, Jan, p 27
Relieving anterior knee pain, May, p 87
Recovering from shoulder pain: tips for tennis and volleyball players, Sep, p 89

author

Araujo D: see Rubin A, Aug, p 29
Aronen JG: Anterior shoulder dislocations: easing reduction by using linear traction techniques, Oct, p 65, CL

Bach BR Jr: see Hang DW, Feb, p 57
Bach BR Jr: see Holmes CA, Nov, p 69
Barrett J: Reflex sympathetic dystrophy: recognizing a cause of chronic pain, Apr, p 51, CL
Batt ME: see Tanji JL, Feb, p 47
Batt ME: Management options for plantar fasciitis, Jun, p 76, CL
Baumgarten TE: see McCue FC III, Dec, p 33
Bergeron BP: A guide to blister management, Feb, p 37, CL
Best TM: see Hasselman CT, Jul, p 53
Biddinger K: see Myerson MS, Dec, p 47
Bojchuk J: see Hang DW, Feb, p 57
Bovard R: Don't let altitude sickness bring you down, Feb, p 87, EX
Bovard R: Roughing it on location: medical stories from the set, Mar, p 57, IN
Bradley JP: see Torchia ME, Jan, p 40
Bredle DL: see Jain R, Oct, p 51
Brodell RT: see Jain R, Oct, p 51

Cantu RC: Second impact syndrome: a risk in any contact sport, Jun, p 27, CR; (letter) Dec, p 24
Cantwell JD: ECG quiz: chest pain and arrhythmia with exercise, Oct, p 71, EQ
Cantwell JD: ECG quiz: dyspnea, lightheadedness, and palpitations in a young weight lifter, May, p 65, EQ; (letter) Jul, p 21; (letter) Oct, p 84
Cantwell JD: ECG quiz: hypotension in a 10K runner, Dec, p 43, EQ
Cantwell JD: ECG quiz: ready for rigorous activity?, Mar, p 79, EQ
Cantwell JD: ECG quiz: should this patient keep jogging?, Nov, p 113, EQ
Cantwell JD: ECG quiz: treadmill testing in a patient with chest pain, Sep, p 67, EQ
Carrasquillo HA: see Sanmarco GJ, Feb, p 67
Case WS: Carpal tunnel syndrome: relief for a common wrist problem, Jan, p 27, RA
Case WS: Relieving anterior knee pain, May, p 87, RA
Chappuis JL: The 'super six' stretches for golfers, Apr, p 87, EX
Chaytor ER: see Conti SF, Jun, p 53
Chaytor ER: see Conti SF, Jun, p 71
Chronister RD: see Aronen JG, Oct, p 65
Clark N: Battling the bulge: diet and exercise are key, Nov, p 21, NU
Clark N: Counting your calcium: how much is enough?, Jan, p 21, NU
Clark N: Energy bars: are these fast fuelers for you?, Sep, p 7, NU
Clark N: Fat phobia: regain a healthy perspective, Mar, p 15, NU
Clark N: Nutrition quackery: when claims are too good to be true, Jul, p 7, NU
Clark N: Water: the ultimate nutrient, May, p 21, NU; (correction) Jul, p 73
Clark RR: see Oppliger RA, Mar, p 69
Conti SF: Foot care for active patients who have diabetes, Jun, p 53, CL
Conti SF: Steps to healthy feet for active people with diabetes, Jun, p 71, PA
Cordes R: see Sing R, Dec, p 66

Erickson SM: Pulmonary and chest wall emergencies: on-site treatment of potentially fatal conditions, Nov, p 95, CL
Erickson T: see Kruse RJ, Jan, p 65

Fischer RA: see Kaeding CC, Jan, p 59

Fischer RA: see Kaeding CC, Feb, p 77
Fishbane S: Exercise-induced renal and electrolyte changes: minimizing the risks, Aug, p 39, CL
Fox GM: Overuse injuries of the elbow, Aug, p 58, CL; (letter) Dec, p 24
Francis GS: Viral myocarditis: detection and management, Jul, p 63, CL; (letter) Sep, p 12
Franklin BA: Exercise and angina: relieving the pain, Jul, p 79, EX
Franklin BA: Exercising for overall fitness: how much, and what kind?, Nov, p 109, EX

Garrett WE Jr: see Hasselman CT, Jul, p 53
Gong H Jr: How pollution and airborne allergens affect exercise, Jul, p 35, CL
Grana WA: Chronic pain after ankle sprain: consider the differential diagnosis, May, p 67, CL
Gutierrez GG: Solar injury and heat illness: treatment and prevention in children, Jul, p 43, CL

Hang DW: Partial Achilles tendon rupture following corticosteroid injection: a caveat to practitioners, Feb, p 57, CR
Harmann DE: see Oppliger RA, Mar, p 69
Harms RD: see Oppliger RA, Mar, p 69
Harris SS: Helping active women avoid anemia, May, p 34, CL
Hasselman CT: When groin pain signals an adductor strain, Jul, p 53, CL
Helms SE: see Jain R, Oct, p 51
Hochman MA: see Zagelbaum BM, Nov, p 85
Hochman MA: see Zagelbaum BM, Dec, p 56
Hoffmann TJ: How I manage athlete's foot, Apr, p 29, QA
Holmes CA: Knee dislocations: immediate and definitive care, Nov, p 69, CL
Horsmon G: see Volk CP, Oct, p 43
Howard RR: Rule changes in women's tennis target medical issues, Jun, p 25, NB
Hussamy OD: see McCue FC III, Dec, p 33
Hutchinson MR: Patella dislocation: recognizing the injury and its complications, Oct, p 53, CL

Ireland ML: see Hutchinson MR, Oct, p 53

Jacob MJ: see Kumamoto DP, May, p 55
Jain R: Imaging quiz: 'flesh-eating bacteria'?, Oct, p 51, IQ
Jebson PJL: see Fox GM, Aug, p 58
Johnson GD: see Chappuis JL, Apr, p 87
Joy E: From anorexia to obesity: advising women about weight, Nov, p 34, ED

Kaeding CC: Myositis ossificans: minimizing downtime, Feb, p 77, CL
Kaeding CC: Quadriceps strains and contusions: decisions that promote rapid recovery, Jan, p 59, CL
Kaplan B: see Swain RA, Mar, p 26
Kaplan TA: Exercise challenge for exercise-induced bronchospasm: confirming presence, evaluating control, Aug, p 47, CL
Khosla RK: Detecting sexually transmitted disease: a new role for urinalysis in the preparticipation exam?, Jan, p 77, CR; (letter) (correction) Apr, p 16
Kleiner SM: A hill of beans: the latest on legumes, Jun, p 13, NU
Kleiner SM: Healthy muscle gains, Apr, p 21, NU
Kleiner SM: Nutrition on the run, Feb, p 15, NU
Kleiner SM: Should you opt for organic?, Dec, p 15, NU
Kleiner SM: The lowdown on carbo loading, Aug, p 19, NU
Kleiner SM: The true nature of herbs, Oct, p 13, NU
Krishnareddy S: see Gong H Jr, Jul, p 35
Kruse RJ: Diagnosing plantar fascia rupture, Jan, p 65, CL; (correction) Apr, p 32
Kumamoto DP: Oral trauma: on-field assessment, May, p 55, EM

Levy WS: see O'Connor FG, Oct, p 32
Lichtenhan JB: Emergency management of poisonous snakebites, Sep, p 72, CL; (correction) Nov, p 38
Loosli AR: Recovering from shoulder pain: tips for tennis and volleyball players, Sep, p 89, RA

Macintyre J: see Valceschini G, Mar, p 61
Mackey S: Relieving winter skin discomfort, Jan, p 53, CL
Massimino F: see Sallis RE, Apr, p 33
McCargar L: see Taunton JE, Mar, p 41
McCargar L: see Taunton JE, Mar, p 55
McCoy RL: see Kruse RJ, Jan, p 65
McCue FC III: An unusual source of wrist pain: Kienböck's disease in a weight lifter, Dec, p 33, CR
McFarland EG: see Volk CP, Oct, p 43
Myerson MS: Achilles tendon disorders: practical management strategies, Dec, p 47, CL

Nickelsen D: see Kumamoto DP, May, p 55
Nicoloff G: Using exercise to ward off depression, Sep, p 44, CL

O'Connor FG: Asymptomatic aortic insufficiency in a runner, Oct, p 32, CL
Oppliger RA: Grappling with weight cutting: the Wisconsin Wrestling Minimum Weight Project, Mar, p 69, CM
Oriscello RG: see O'Connor FG, Oct, p 32
Orwin JF: see Fox GM, Aug, p 58
Oshimo T: see Loosli AR, Sep, p 89

Papenfus K: see Bovard R, Mar, p 57
Pearsall AW IV: Assessing acute hip injury: examination, diagnosis, and triage, Jun, p 36, CL
Potera C: A (nasal) strip of status, Aug, p 14, NB; (letter) Nov, p 36
Potera C: Exercise and breast cancer risk, Jan, p 37, NB
Potera C: Healing under pressure, Nov, p 46, NB

Renshaw TS: Managing spondylolysis: when to immobilize, Oct, p 75, CR
Rich BSE: see Erickson SM, Nov, p 95
Richmond JC: see Sigman SA, Jul, p 25
Roberts WO: Must the race go on?, Jul, p 3, ED; (letter) Nov, p 36
Roberts WO: Primary amenorrhea and persistent stress fracture: a practical clinical approach, Sep, p 33, CR
Rubin A: Advanced cardiac life support, Aug, p 29, EM
Rule JP: Anterior cruciate ligament avulsion in active adults, May, p 25, CL
Rutecki GW: see Sturmi JE, Nov, p 49

Sallis RE: Sports medicine and managed care: a positive partnership, Apr, p 33, CM; (letter) Aug, p 7
Sammarco GJ: Persistent foot and ankle pain in young athletes, Feb, p 67, CL
Sanko WA: see Kaeding CC, Jan, p 59
Sanko WA: see Kaeding CC, Feb, p 77
Schatz MP: Warm up with back-friendly leg stretches, Mar, p 81, EX
Schelkun PH: see Steyers CM, Jan, p 83
Schelkun PH: see Hoffmann TJ, Apr, p 29
Schnirring L: Drugs and high school athletes, Oct, p 25, NB
Schnirring L: Exercise benefits build with intensity, Feb, p 21, NB
Schoene RB: see Bovard R, Feb, p 87
Schrager M: Safer soccer goals, Apr, p 83, NB
Schrager M: Slimming down reduces arthritis risk, Feb, p 22, NB
Schwenk TL: see Nicoloff G, Sep, p 44
Scott W: Using your head to choose a bike helmet, Aug, p 75, EX
Seeger LL: see Rule JP, May, p 25
Shapiro MS: see Rule JP, May, p 25
Shapiro MS: Elbow fractures: treating to avoid complications, Apr, p 39, CL
Siberski D: see Sing R, Dec, p 66
Sigman SA: Office diagnosis of shoulder disorders, Jul, p 25, CL
Sing R: Osteitis pubis in the active patient, Dec, p 66, CR
Snodgrass S: see Swain R, Nov, p 54
Stamford B: How to warm up and cool down your workout, Sep, p 97, EX
Stamford B: Safer alternatives to outdated exercises, Jun, p 87, EX; (letter) Aug, p 7
Stamford B: Smart dressing for cold weather workouts, Jan, p 105, EX
Stamford B: The role of exercise in fighting depression, Dec, p 79, EX
Stamford B: Weighted workouts: adding heft with hand, ankle, and vest weights, Oct, p 81, EX
Steyers CM: Practical management of carpal tunnel syndrome, Jan, p 83, QA
Strauss RH: Greg Louganis and 20/20 hindsight, Apr, p 3, ED; (letter) Jul, p 21
Streich CM: see Oppliger RA, Mar, p 69
Sturmi JE: When competitive bodybuilders collapse: a result of hyperkalemia?, Nov, p 49, CL
Swain RA: Managing groin pain: even when the cause is not obvious, Nov, p 54, CL
Swain RA: Practices and pitfalls of corticosteroid injection, Mar, p 26, CL

continued

Swenson J: see Veenema KR, Jan, p 71

Tanji JL: see Batt ME, Jun, p 76
Tanji JL: Management of hypertension: adapting new guidelines for active patients, Feb, p 47, CL
Tardif GS: Nerve injuries: testing and treatment tactics, Apr, p 61, CL
Taunton JE: Managing activity in patients who have diabetes: practical ways to incorporate exercise into lifestyle, Mar, p 41, CL
Taunton JE: Staying active with diabetes: quick-and-helpful exercise tips, Mar, p 55, PA
Torchia ME: Managing posterior shoulder instability: result-oriented techniques, Jan, p 40, CL

Valceschini G: Immediate reduction of shoulder dislocation, Mar, p 61, EM
Veenema KR: Laryngeal trauma: securing the airway on the field, Jan, p 71, EM
Volk CP: Pneumothorax: on-field recognition, Oct, p 43, EM
Voy R: see Cantu RC, Jun, p 27

Wang JC: see Shapiro MS, Apr, p 39
Wappes JR: see Bovard R, Feb, p 87
Wappes JR: see Scott W, Aug, p 75
Whitehead RD: Imaging quiz: finding a source of low-back pain, May, p 49, IQ
Whitehead RD: Imaging quiz: foot pain after a basketball rebound, Aug, p 67, IQ; (letter) Oct, p 16
Wilder RP: see O'Connor FG, Oct, p 32
Wroble RR: Sternoclavicular injuries: managing damage to an overlooked joint, Sep, p 19, CL

Yao L: see Rule JP, May, p 25

Zagelbaum BM: A close look at a 'red eye': diagnosing vision-threatening causes, Nov, p 85, CL
Zagelbaum BM: Examining a 'red eye': diagnosing non–vision-threatening causes, Dec, p 56, CL

subject

Achilles tendon: see Ankle
Addiction
Using exercise to ward off depression, Sep, p 44, CL
Adductor: see anatomic site
Adolescents
Managing spondylolysis: when to immobilize, Oct, p 75, CR
Persistent foot and ankle pain in young athletes, Feb, p 67, CL
Rule changes in women's tennis target medical issues, Jun, p 25, NB
Sternoclavicular injuries: managing damage to an overlooked joint, Sep, p 19, CL
Advanced cardiac life support
Advanced cardiac life support, Aug, p 29, EM
AIDS: see HIV
Air pollution: see Pollution
Airway
A (nasal) strip of status, Aug, p 14, NB; (letter) Nov, p 36
Laryngeal trauma: securing the airway on the field, Jan, p 71, EM
Pneumothorax: on-field recognition, Oct, p 43, EM
Allergy
How pollution and airborne allergens affect exercise, Jul, p 35, CL
Altitude sickness
Don't let altitude sickness bring you down, Feb, p 87, EX
Amenorrhea: see Menstrual dysfunction
Anemia
Helping active women avoid anemia, May, p 34, CL
Angina: see Coronary artery disease
Ankle
Achilles tendon disorders: practical management strategies, Dec, p 47, CL
Chronic pain after ankle sprain: consider the differential diagnosis, May, p 67, CL
Nerve injuries: testing and treatment tactics, Apr, p 61, CL
Partial Achilles tendon rupture following corticosteroid injection: a caveat to practitioners, Feb, p 57, CR
Persistent foot and ankle pain in young athletes, Feb, p 67, CL
Anterior knee pain: see Knee, Patellofemoral syndrome
Antivenin
Emergency management of poisonous snakebites, Sep, p 72, CL; (correction) Nov, p 38
Aortic insufficiency
Asymptomatic aortic insufficiency in a runner, Oct, p 32, CL
Arrhythmia: see also specific diagnosis
Advanced cardiac life support, Aug, p 29, EM
ECG quiz: chest pain and arrhythmia with exercise, Oct, p 71, EQ
ECG quiz: hypotension in a 10K runner, Dec, p 43, EQ
Arthritis
Slimming down reduces arthritis risk, Feb, p 22, NB
Asthma
Exercise challenge for exercise-induced bronchospasm: confirming presence, evaluating control, Aug, p 47, CL
How pollution and airborne allergens affect exercise, Jul, p 35, CL
Pulmonary and chest wall emergencies: on-site treatment of potentially fatal conditions, Nov, p 95, CL
Athlete's foot
How I manage athlete's foot, Apr, p 29, QA
Avascular necrosis: see anatomic site
Avulsion: see anatomic site

Back pain
Imaging quiz: finding a source of low-back pain, May, p 49, IQ
Managing spondylolysis: when to immobilize, Oct, p 75, CR
Safer alternatives to outdated exercises, Jun, p 87, EX; (letter) Aug, p 7
Warm up with back-friendly leg stretches, Mar, p 81, EX
Bacterial infection: see Infection
Beans
A hill of beans: the latest on legumes, Jun, p 13, NU
Bicycling
A resolution for bike riders, Jan, p 37, NB
Using your head to choose a bike helmet, Aug, p 75, EX
Blister
A guide to blister management, Feb, p 37, CL
Breast cancer
Exercise and breast cancer risk, Jan, p 37, NB
Breathe Right nasal dilator
A (nasal) strip of status, Aug, p 14, NB; (letter) Nov, p 36
Bruise: see Contusion
Bursitis
Achilles tendon disorders: practical management strategies, Dec, p 47, CL

Calcium
Counting your calcium: how much is enough?, Jan, p 21, NU
Carbohydrate
Energy bars: are these fast fuelers for you?, Sep, p 7, NU
The lowdown on carbo loading, Aug, p 19, NU
Cardiac arrest: see Arrhythmia, Coronary artery disease, Sudden death
Cardiomyopathy
ECG quiz: dyspnea, light-headedness, and palpitations in a young weight lifter, May, p 65, EQ; (letter) Jul, p 21; (letter) Oct, p 84
ECG quiz: hypotension in a 10K runner, Dec, p 43, EQ
Carpal tunnel syndrome
Carpal tunnel syndrome: relief for a common wrist problem, Jan, p 27, RA
Nerve injuries: testing and treatment tactics, Apr, p 61, CL
Practical management of carpal tunnel syndrome, Jan, p 83, QA
Cellulitis
A close look at a 'red eye': diagnosing vision-threatening causes, Nov, p 85, CL
Chest pain
Pulmonary and chest wall emergencies: on-site treatment of potentially fatal conditions, Nov, p 95, CL
Children
Persistent foot and ankle pain in young athletes, Feb, p 67, CL
Chlamydia
Detecting sexually transmitted disease: a new role for urinalysis in the preparticipation exam?, Jan, p 77, CR; (letter) (correction) Apr, p 16
Clavicle
Sternoclavicular injuries: managing damage to an overlooked joint, Sep, p 19, CL
Clothing: see Cold injury, Protective gear, Shoes, Sports apparel and equipment

Cold injury
Advanced cardiac life support, Aug, p 29, EM
Relieving winter skin discomfort, Jan, p 53, CL
Smart dressing for cold weather workouts, Jan, p 105, EX
Compliance
A resolution for bike riders, Jan, p 37, NB
Battling the bulge: diet and exercise are key, Nov, p 21, NU
From anorexia to obesity: advising women about weight, Nov, p 34, ED
Grappling with weight cutting: the Wisconsin Wrestling Minimum Weight Project, Mar, p 69, CM
Concussion
Second impact syndrome: a risk in any contact sport, Jun, p 27, CR; (letter) Dec, p 24
Conjunctivitis
Examining a 'red eye': diagnosing non–vision-threatening causes, Dec, p 56, CL
Contusion
Myositis ossificans: minimizing downtime, Feb, p 77, CL
Quadriceps strains and contusions: decisions that promote rapid recovery, Jan, p 59, CL
Cornea
A close look at a 'red eye': diagnosing vision-threatening causes, Nov, p 85, CL
Examining a 'red eye': diagnosing non–vision-threatening causes, Dec, p 56, CL
Coronary artery disease
ECG quiz: ready for rigorous activity?, Mar, p 79, EQ
ECG quiz: should this patient keep jogging?, Nov, p 113, EQ
ECG quiz: treadmill testing in a patient with chest pain, Sep, p 67, EQ
Exercise and angina: relieving the pain, Jul, p 79, EX
Corticosteroids
Partial Achilles tendon rupture following corticosteroid injection: a caveat to practitioners, Feb, p 57, CR
Practices and pitfalls of corticosteroid injection, Mar, p 26, CL
Cross-country skiing: see Skiing

Defibrillator
Advanced cardiac life support, Aug, p 29, EM
Dehydration: see Heat injury, Hydration, Sports drinks
Depression
The role of exercise in fighting depression, Dec, p 79, EX
Using exercise to ward off depression, Sep, p 44, CL
Diabetes
Exercising for overall fitness: how much, and what kind?, Nov, p 109, EX
Foot care for active patients who have diabetes, Jun, p 53, CL
Managing activity in patients who have diabetes: practical ways to incorporate exercise into lifestyle, Mar, p 41, CL
Staying active with diabetes: quick-and-helpful exercise tips, Mar, p 55, PA
Steps to healthy feet for active people with diabetes, Jun, p 71, PA
Diagnostic imaging
Imaging quiz: finding a source of low-back pain, May, p 49, IQ
Imaging quiz: 'flesh-eating bacteria'?, Oct, p 51, IQ
Imaging quiz: foot pain after a basketball rebound, Aug, p 67, IQ; (letter) Oct, p 16
Diaphragm
Pulmonary and chest wall emergencies: on-site treatment of potentially fatal conditions, Nov, p 95, CL
Directories: see Fellowships, Sports medicine groups
Dislocation
Anterior shoulder dislocations: easing reduction by using linear traction techniques, Oct, p 65, CL
Immediate reduction of shoulder dislocation, Mar, p 61, EM
Knee dislocations: immediate and definitive care, Nov, p 69, CL
Managing posterior shoulder instability: result-oriented techniques, Jan, p 40, CL
Patella dislocation: recognizing the injury and its complications, Oct, p 53, CL
Sternoclavicular injuries: managing damage to an overlooked joint, Sep, p 19, CL
Diuretics
When competitive bodybuilders collapse: a result of hyperkalemia?, Nov, p 49, CL
Drowning
Advanced cardiac life support, Aug, p 29, EM
Drugs: see also specific drugs, Ergogenic drugs
How I manage athlete's foot, Apr, p 29, QA
Management of hypertension: adapting new guidelines for active patients, Feb, p 47, CL
Managing activity in patients who have diabetes: practical ways to incorporate exercise into lifestyle, Mar, p 41, CL
Practices and pitfalls of corticosteroid injection, Mar, p 26, CL
Using exercise to ward off depression, Sep, p 44, CL
When competitive bodybuilders collapse: a result of hyperkalemia?, Nov, p 49, CL
Drug testing
Drugs and high school athletes, Oct, p 25, NB

Eating disorders: see also Weight control
From anorexia to obesity: advising women about weight, Nov, p 34, ED
Elbow
Elbow fractures: treating to avoid complications, Apr, p 39, CL
Nerve injuries: testing and treatment tactics, Apr, p 61, CL
Overuse injuries of the elbow, Aug, p 58, CL; (letter) Dec, p 24
Electrocardiogram
ECG quiz: chest pain and arrhythmia with exercise, Oct, p 71, EQ
ECG quiz: dyspnea, light-headedness, and palpitations in a young weight lifter, May, p 65, EQ; (letter) Jul, p 21; (letter) Oct, p 84
ECG quiz: ready for rigorous activity?, Mar, p 79, EQ
ECG quiz: treadmill testing in a patient with chest pain, Sep, p 67, EQ
Electrocution
Advanced cardiac life support, Aug, p 29, EM
Electrolytes
Exercise-induced renal and electrolyte changes: minimizing the risks, Aug, p 39, CL
Emergency response: see also anatomic site, specific diagnosis, Emergencies Series
A close look at a 'red eye': diagnosing vision-threatening causes, Nov, p 85, CL
Knee dislocations: immediate and definitive care, Nov, p 69, CL
Pulmonary and chest wall emergencies: on-site treatment of potentially fatal conditions, Nov, p 95, CL
Energy bars
Energy bars: are these fast fuelers for you?, Sep, p 7, NU
Equipment: see Protective gear, Sports apparel and equipment
Ergogenic drugs
Drugs and high school athletes, Oct, p 25, NB
When competitive bodybuilders collapse: a result of hyperkalemia?, Nov, p 49, CL
Ergogenic nutrition
Energy bars: are these fast fuelers for you?, Sep, p 7, NU
Nutrition on the run, Feb, p 15, NU
Nutrition quackery: when claims are too good to be true, Jul, p 7, NU
Staying active with diabetes: quick-and-helpful exercise tips, Mar, p 55, PA
The lowdown on carbo loading, Aug, p 19, NU
Exercise challenge
Exercise challenge for exercise-induced bronchospasm: confirming presence, evaluating control, Aug, p 47, CL
Exercise effects
Battling the bulge: diet and exercise are key, Nov, p 21, NU
Exercise and breast cancer risk, Jan, p 37, NB
Exercise benefits build with intensity, Feb, p 21, NB
Exercising for overall fitness: how much, and what kind?, Nov, p 109, EX
The role of exercise in fighting depression, Dec, p 79, EX
Using exercise to ward off depression, Sep, p 44, CL
Exercise-induced asthma: see Asthma
Exercise-induced bronchospasm: see Asthma
Exercise intensity
Exercise benefits build with intensity, Feb, p 21, NB
Exercise prescription: see also Exercise Adviser and Rehab Adviser departments
Exercising for overall fitness: how much, and what kind?, Nov, p 109, EX
How to warm up and cool down your workout, Sep, p 97, EX
Managing activity in patients who have diabetes: practical ways to incorporate exercise into lifestyle, Mar, p 41, CL

continued

Safer alternatives to outdated exercises, Jun, p 87, EX; (letter) Aug, p 7
Staying active with diabetes: quick-and-helpful exercise tips, Mar, p 55, PA
Exercise risks
Safer alternatives to outdated exercises, Jun, p 87, EX; (letter) Aug, p 7
Eye
A close look at a 'red eye': diagnosing vision-threatening causes, Nov, p 85, CL
Examining a 'red eye': diagnosing non–vision-threatening causes, Dec, p 56, CL

Fats
Fat phobia: regain a healthy perspective, Mar, p 15, NU
Fellowships
Sports medicine fellowships for primary care physicians, Mar, p 83, L
Female athlete triad
Primary amenorrhea and persistent stress fracture: a practical clinical approach, Sep, p 33, CR
Fiber
A hill of beans: the latest on legumes, Jun, p 13, NU
Foot
A guide to blister management, Feb, p 37, CL
Diagnosing plantar fascia rupture, Jan, p 65, CL; (correction) Apr, p 32
Foot care for active patients who have diabetes, Jun, p 53, CL
How I manage athlete's foot, Apr, p 29, QA
Imaging quiz: foot pain after a basketball rebound, Aug, p 67, IQ; (letter) Oct, p 16
Management options for plantar fasciitis, Jun, p 76, CL
Partial Achilles tendon rupture following corticosteroid injection: a caveat to practitioners, Feb, p 57, CR
Persistent foot and ankle pain in young athletes, Feb, p 67, CL
Steps to healthy feet for active people with diabetes, Jun, p 71, PA
Fracture: see also Stress fracture
Elbow fractures: treating to avoid complications, Apr, p 39, CL
Patella dislocation: recognizing the injury and its complications, Oct, p 53, CL
Persistent foot and ankle pain in young athletes, Feb, p 67, CL
Sternoclavicular injuries: managing damage to an overlooked joint, Sep, p 19, CL
Fungal infection
How I manage athlete's foot, Apr, p 29, QA

Glaucoma
A close look at a 'red eye': diagnosing vision-threatening causes, Nov, p 85, CL
Golf
The 'super six' stretches for golfers, Apr, p 87, EX
Groin
Managing groin pain: even when the cause is not obvious, Nov, p 54, CL
Osteitis pubis in the active patient, Dec, p 66, CR
When groin pain signals an adductor strain, Jul, p 53, CL

Head
Second impact syndrome: a risk in any contact sport, Jun, p 27, CR; (letter) Dec, p 24
Heart: see also specific diagnosis, Electrocardiogram, Sudden death
Exercising for overall fitness: how much, and what kind?, Nov, p 109, EX
Heat injury
Must the race go on?, Jul, p 3, ED; (letter) Nov, p 36
Solar injury and heat illness: treatment and prevention in children, Jul, p 43, CL
Heel: see Foot
Helmet
A resolution for bike riders, Jan, p 37, NB
Using your head to choose a bike helmet, Aug, p 75, EX
Herbs
The true nature of herbs, Oct, p 13, NU
Hernia
Managing groin pain: even when the cause is not obvious, Nov, p 54, CL
When groin pain signals an adductor strain, Jul, p 53, CL
Hip
Assessing acute hip injury: examination, diagnosis, and triage, Jun, p 36, CL
Warm up with back-friendly leg stretches, Mar, p 81, EX
HIV
Greg Louganis and 20/20 hindsight, Apr, p 3, ED; (letter) Jul, p 21
Human immunodeficiency virus: see HIV
Hydration
Solar injury and heat illness: treatment and prevention in children, Jul, p 43, CL
Water: the ultimate nutrient, May, p 21, NU; (correction) Jul, p 73
Hyperbaric oxygen chamber
Healing under pressure, Nov, p 46, NB
Hyperkalemia
Exercise-induced renal and electrolyte changes: minimizing the risks, Aug, p 39, CL
When competitive bodybuilders collapse: a result of hyperkalemia?, Nov, p 49, CL
Hypertension
ECG quiz: should this patient keep jogging?, Nov, p 113, EQ
Management of hypertension: adapting new guidelines for active patients, Feb, p 47, CL
Hyperthermia: see Heat injury
Hypertrophic cardiomyopathy: see Cardiomyopathy
Hyphema
A close look at a 'red eye': diagnosing vision-threatening causes, Nov, p 85, CL
Hyponatremia
Exercise-induced renal and electrolyte changes: minimizing the risks, Aug, p 39, CL
Hypotension
ECG quiz: hypotension in a 10K runner, Dec, p 43, EQ
Hypothermia: see Cold injury
Hypovolemia
Exercise-induced renal and electrolyte changes: minimizing the risks, Aug, p 39, CL

Impingement: see anatomic site
Impingement syndrome
Office diagnosis of shoulder disorders, Jul, p 25, CL
Infection: see also Fungal infection, specific diagnosis
Imaging quiz: 'flesh-eating bacteria'?, Oct, p 51, IQ
Viral myocarditis: detection and management, Jul, p 63, CL; (letter) Sep, p 12
Inflammation
Practices and pitfalls of corticosteroid injection, Mar, p 26, CL
Injection
Practices and pitfalls of corticosteroid injection, Mar, p 26, CL
Injury: see anatomic site, specific diagnosis, specific sport, Rehabilitation
Injury prevention: see also Prevention
How to warm up and cool down your workout, Sep, p 97, EX
Safer soccer goals, Apr, p 83, NB
Instability: see anatomic site
Iron
Helping active women avoid anemia, May, p 34, CL

Jewelry
Imaging quiz: 'flesh-eating bacteria'?, Oct, p 51, IQ
Joint: see specific joint
Jones fracture
Imaging quiz: foot pain after a basketball rebound, Aug, p 67, IQ; (letter) Oct, p 16

Keratoconjunctivitis sicca
Examining a 'red eye': diagnosing non–vision-threatening causes, Dec, p 56, CL
Kidney
Exercise-induced renal and electrolyte changes: minimizing the risks, Aug, p 39, CL
Kienböck's disease
An unusual source of wrist pain: Kienböck's disease in a weight lifter, Dec, p 33, CR
Knee
Anterior cruciate ligament avulsion in active adults, May, p 25, CL
Knee dislocations: immediate and definitive care, Nov, p 69, CL
Patella dislocation: recognizing the injury and its complications, Oct, p 53, CL
Relieving anterior knee pain, May, p 87, RA

Lactic acidosis
Exercise-induced renal and electrolyte changes: minimizing the risks, Aug, p 39, CL
Larynx: see Neck
Lateral epicondylitis: see Tennis elbow
Life-threatening conditions: see also anatomic site, specific diagnosis
Laryngeal trauma: securing the airway on the field, Jan, p 71, EM
Pneumothorax: on-field recognition, Oct, p 43, EM
Ligament: see anatomic site, specific diagnosis
Lipoprotein
Exercise benefits build with intensity, Feb, p 21, NB

continued on page 86

Listings: see Fellowships, Sports medicine groups
Little League elbow
Overuse injuries of the elbow, Aug, p 58, CL; (letter) Dec, p 24
Louganis, Greg
Greg Louganis and 20/20 hindsight, Apr, p 3, ED; (letter) Jul, p 21
Low-fat diet
Fat phobia: regain a healthy perspective, Mar, p 15, NU
Nutrition on the run, Feb, p 1 NU
Lung
Pneumothorax: on-field recognition, Oct, p 43, EM
Pulmonary and chest wall emergencies: on-site treatment of potentially fatal conditions, Nov, p 95, CL

Managed care
Sports medicine and managed care: a positive partnership, Apr, p 33, CM; (letter) Aug, p 7
Medial epicondylitis
Overuse injuries of the elbow, Aug, p 58, CL; (letter) Dec, p 24
Menstrual dysfunction
Primary amenorrhea and persistent stress fracture: a practical clinical approach, Sep, p 33, CR
Minerals: see specific mineral
Mouth
Oral trauma: on-field assessment, May, p 55, EM
Movie physician
Roughing it on location: medical stories from the set, Mar, p 57, IN
Murmur: see Heart, specific diagnosis
Muscle: see anatomic site, specific diagnosis
Myocarditis
Viral myocarditis: detection and management, Jul, p 63, CL; (letter) Sep, p 12
Myositis ossificans
Myositis ossificans: minimizing downtime, Feb, p 77, CL

Near drowning: see Drowning
Neck
Laryngeal trauma: securing the airway on the field, Jan, p 71, EM
Nerve injury: see neuropathy
Neuropathy
Nerve injuries: testing and treatment tactics, Apr, p 61, CL
Nonprescription medication: see Drugs, Drug testing, Ergogenic drugs
Nose
A (nasal) strip of status, Aug, p 14, NB; (letter) Nov, p 36
Nutrition: see specific nutrient, Ergogenic nutrition, Nutrition Adviser department

Obesity: see also Weight control
Battling the bulge: diet and exercise are key, Nov, p 21, NU
Exercise benefits build with intensity, Feb, p 21, NB
From anorexia to obesity: advising women about weight, Nov, p 34, ED
Slimming down reduces arthritis risk, Feb, p 22, NB
Oral trauma: see Mouth
Organic foods
Should you opt for organic?, Dec, p 15, NU
Osteitis pubis
Osteitis pubis in the active patient, Dec, p 66, CR
Osteoarthritis: see Arthritis
Osteoporosis
Counting your calcium: how much is enough?, Jan, p 21, NU
Exercising for overall fitness: how much, and what kind?, Nov, p 109, EX
Overtraining
Using exercise to ward off depression, Sep, p 44, CL
Overuse injury
Achilles tendon disorders: practical management strategies, Dec, p 47, CL
Osteitis pubis in the active patient, Dec, p 66, CR
Overuse injuries of the elbow, Aug, p 58, CL; (letter) Dec, p 24
Oxygen
Healing under pressure, Nov, p 46, NB

Pain: see also Rehabilitation, anatomic site
Chronic pain after ankle sprain: consider the differential diagnosis, May, p 67, CL
Reflex sympathetic dystrophy: recognizing a cause of chronic pain, Apr, p 51, CL
Patella: see Knee
Patellofemoral syndrome
Relieving anterior knee pain, May, p 87, RA
Pesticides
Should you opt for organic?, Dec, p 15, NU
Physical therapy: see Rehabilitation
Plantar fascia rupture
Diagnosing plantar fascia rupture, Jan, p 65, CL; (correction) Apr, p 32
Plantar fasciitis
Management options for plantar fasciitis, Jun, p 76, CL
Pneumothorax
Pneumothorax: on-field recognition, Oct, p 43, EM
Pulmonary and chest wall emergencies: on-site treatment of potentially fatal conditions, Nov, p 95, CL
Pollution
How pollution and airborne allergens affect exercise, Jul, p 35, CL
Potassium
When competitive bodybuilders collapse: a result of hyperkalemia?, Nov, p 49, CL
Preparticipation exam
Asymptomatic aortic insufficiency in a runner, Oct, p 32, CL
Detecting sexually transmitted disease: a new role for urinalysis in the preparticipation exam?, Jan, p 77, CR; (letter) (correction) Apr, p 16
Prescription medication: see Drugs
Prevention: see also Injury prevention
Solar injury and heat illness: treatment and prevention in children, Jul, p 43, CL
Protective gear
A resolution for bike riders, Jan, p 37, NB
Using your head to choose a bike helmet, Aug, p 75, EX
Protein
A hill of beans: the latest on legumes, Jun, p 13, NU
Healthy muscle gains, Apr, p 21, NU
Pseudoanemia
Helping active women avoid anemia, May, p 34, CL
Psychological issues: see also Addiction
The role of exercise in fighting depression, Dec, p 79, EX
Using exercise to ward off depression, Sep, p 44, CL

Quadriceps: see Thigh

Radiology: see Diagnostic imaging
Reflex sympathetic dystrophy
Reflex sympathetic dystrophy: recognizing a cause of chronic pain, Apr, p 51, CL
Rehabilitation: see also Rehab Adviser department
Chronic pain after ankle sprain: consider the differential diagnosis, May, p 67, CL
Healing under pressure, Nov, p 46, NB
Immediate reduction of shoulder dislocation, Mar, p 61, EM
Management options for plantar fasciitis, Jun, p 76, CL
Managing posterior shoulder instability: result-oriented techniques, Jan, p 40, CL
Quadriceps strains and contusions: decisions that promote rapid recovery, Jan, p 59, CL
Recovering from shoulder pain: tips for tennis and volleyball players, Sep, p 89, RA
Relieving anterior knee pain, May, p 87, RA
Rhabdomyolysis
When competitive bodybuilders collapse: a result of hyperkalemia?, Nov, p 49, CL
Rotator cuff: see Shoulder
Running
Asymptomatic aortic insufficiency in a runner, Oct, p 32, CL
ECG quiz: ready for rigorous activity?, Mar, p 79, EQ
Must the race go on?, Jul, p 3, ED; (letter) Nov, p 36
Primary amenorrhea and persistent stress fracture: a practical clinical approach, Sep, p 33, CR
Rupture: see anatomic site

Second impact syndrome
Second impact syndrome: a risk in any contact sport, Jun, p 27, CR; (letter) Dec, p 24
Sexually transmitted diseases: see also specific diagnosis
Detecting sexually transmitted disease: a new role for urinalysis in the preparticipation exam?, Jan, p 77, CR; (letter) (correction) Apr, p 16
Shoes
Foot care for active patients who have diabetes, Jun, p 53, CL
Steps to healthy feet for active people with diabetes, Jun, p 71, PA
Shoulder
Anterior shoulder dislocations: easing reduction by using linear traction techniques,

continued on inside back cover

subject index continued from page 86

Oct, p 65, CL
Immediate reduction of shoulder dislocation, Mar, p 61, EM
Managing posterior shoulder instability: result-oriented techniques, Jan, p 40, CL
Nerve injuries: testing and treatment tactics, Apr, p 61, CL
Office diagnosis of shoulder disorders, Jul, p 25, CL
Recovering from shoulder pain: tips for tennis and volleyball players, Sep, p 89, RA

Skiing
Primary amenorrhea and persistent stress fracture: a practical clinical approach, Sep, p 33, CR

Skin conditions
A guide to blister management, Feb, p 37, CL
How I manage athlete's foot, Apr, p 29, QA
Relieving winter skin discomfort, Jan, p 53, CL

Snakebite
Emergency management of poisonous snakebites, Sep, p 72, CL; (correction) Nov, p 38

Soccer
Safer soccer goals, Apr, p 83, NB

Solar injury: see Sun damage

Splint
Management options for plantar fasciitis, Jun, p 76, CL

Spondylolysis
Imaging quiz: finding a source of low-back pain, May, p 49, IQ
Managing spondylolysis: when to immobilize, Oct, p 75, CR

Sports apparel and equipment: see also Shoes
A resolution for bike riders, Jan, p 37, NB
Safer soccer goals, Apr, p 83, NB
Smart dressing for cold weather workouts, Jan, p 105, EX
Using your head to choose a bike helmet, Aug, p 75, EX

Sports drinks
Water: the ultimate nutrient, May, p 21, NU; (correction) Jul, p 73

Sports medicine
Sports medicine and managed care: a positive partnership, Apr, p 33, CM; (letter) Aug, p 7

Sports medicine groups
Sports Medicine Groups 1995, Jan, p 91, L

Sprain
Chronic pain after ankle sprain: consider the differential diagnosis, May, p 67, CL
Persistent foot and ankle pain in young athletes, Feb, p 67, CL
Sternoclavicular injuries: managing damage to an overlooked joint, Sep, p 19, CL

Sternoclavicular joint
Pulmonary and chest wall emergencies: on-site treatment of potentially fatal conditions, Nov, p 95, CL
Sternoclavicular injuries: managing damage to an overlooked joint, Sep, p 19, CL

Strain
Managing groin pain: even when the cause is not obvious, Nov, p 54, CL
Quadriceps strains and contusions: decisions that promote rapid recovery, Jan, p 59, CL

Strength training
Healthy muscle gains, Apr, p 21, NU

Stress fracture
Primary amenorrhea and persistent stress fracture: a practical clinical approach, Sep, p 33, CR

Stress testing
ECG quiz: should this patient keep jogging?, Nov, p 113, EQ

Stretching: see anatomic site, Rehabilitation, Exercise Adviser and Rehab Adviser departments

Subluxation
Managing posterior shoulder instability: result-oriented techniques, Jan, p 40, CL
Sternoclavicular injuries: managing damage to an overlooked joint, Sep, p 19, CL

Sudden death
Advanced cardiac life support, Aug, p 29, EM
Viral myocarditis: detection and management, Jul, p 63, CL; (letter) Sep, p 12
When competitive bodybuilders collapse: a result of hyperkalemia?, Nov, p 49, CL

Sun damage
Solar injury and heat illness: treatment and prevention in children, Jul, p 43, CL

Supplements: see Ergogenic drugs, Ergogenic nutrition, Herbs

Team physician
Greg Louganis and 20/20 hindsight, Apr, p 3, ED; (letter) Jul, p 21
Must the race go on?, Jul, p 3, ED; (letter) Nov, p 36

Teeth: see Mouth

Tendinitis
Achilles tendon disorders: practical management strategies, Dec, p 47, CL

Tennis
Rule changes in women's tennis target medical issues, Jun, p 25, NB

Tennis elbow
Overuse injuries of the elbow, Aug, p 58, CL; (letter) Dec, p 24

Thigh
Myositis ossificans: minimizing downtime, Feb, p 77, CL
Quadriceps strains and contusions: decisions that promote rapid recovery, Jan, p 59, CL
Warm up with back-friendly leg stretches, Mar, p 81, EX

Tinea pedis: see Athlete's foot

Travel
Don't let altitude sickness bring you down, Feb, p 87, EX
Roughing it on location: medical stories from the set, Mar, p 57, IN

Urinalysis
Detecting sexually transmitted disease: a new role for urinalysis in the preparticipation exam?, Jan, p 77, CR; (letter) (correction) Apr, p 16
Drugs and high school athletes, Oct, p 25, NB
Exercise-induced renal and electrolyte changes: minimizing the risks, Aug, p 39, CL

Urinary tract
Detecting sexually transmitted disease: a new role for urinalysis in the preparticipation exam?, Jan, p 77, CR; (letter) (correction) Apr, p 16

Venom
Emergency management of poisonous snakebites, Sep, p 72, CL; (correction) Nov, p 38

Viral infection: see Infection

Walking
Weighted workouts: adding heft with hand, ankle, and vest weights, Oct, p 81, EX

Weather: see also Cold injury, Heat injury
How pollution and airborne allergens affect exercise, Jul, p 35, CL

Weight control: see also Eating disorders, Obesity, Nutrition Adviser department
Battling the bulge: diet and exercise are key, Nov, p 21, NU
Fat phobia: regain a healthy perspective, Mar, p 15, NU
From anorexia to obesity: advising women about weight, Nov, p 34, ED
Grappling with weight cutting: the Wisconsin Wrestling Minimum Weight Project, Mar, p 69, CM
Healthy muscle gains, Apr, p 21, NU
When competitive bodybuilders collapse: a result of hyperkalemia?, Nov, p 49, CL

Weights
Weighted workouts: adding heft with hand, ankle, and vest weights, Oct, p 81, EX

Wilderness medicine
Don't let altitude sickness bring you down, Feb, p 87, EX
Roughing it on location: medical stories from the set, Mar, p 57, IN

Wisconsin Minimum Weight Project
Grappling with weight cutting: the Wisconsin Wrestling Minimum Weight Project, Mar, p 69, CM

Women's health
Exercise and breast cancer risk, Jan, p 37, NB
Helping active women avoid anemia, May, p 34, CL
Primary amenorrhea and persistent stress fracture: a practical clinical approach, Sep, p 33, CR
Rule changes in women's tennis target medical issues, Jun, p 25, NB

Wrestling
Grappling with weight cutting: the Wisconsin Wrestling Minimum Weight Project, Mar, p 69, CM

Wrist
An unusual source of wrist pain: Kienböck's disease in a weight lifter, Dec, p 33, CR
Carpal tunnel syndrome: relief for a common wrist problem, Jan, p 27, RA
Practical management of carpal tunnel syndrome, Jan, p 83, QA

Xerosis
Relieving winter skin discomfort, Jan, p 53, CL